

Attention Senior Clubs and County Council on Aging!

Please complete the following information if your senior citizen club or county council on aging has recently elected new officers. The information should be sent to: Regional Aging Service Program Administrator, Northeast Human Service Center, 151 S. 4th Street, Suite 401, Grand Forks, ND 58201.

NAME AND ADDRESS OF SENIOR ORGANIZATION:

NAME AND ADDRESS OF NEW PRESIDENT:

TELEPHONE NUMBER OF PRESIDENT:

PLEASE SHARE THIS NEWSLETTER WITH YOUR MEMBERS!!!

<h2>Senior Info-line</h2> <p><i>A Free Statewide Source Of Information For Those Caring For Senior Adults.</i></p> <p>The "Senior Info-line" is a FREE, confidential service that can help you locate services to help you care for a loved one. Our information and referral specialists are available 8 a.m. - 5 p.m. (CT), Monday-Friday to assist you. During evening and weekends, you can leave a message so your call can be returned the following business day.</p> <p>The services available to you in North Dakota include:</p> <ul style="list-style-type: none">• Alzheimer's Programs• Home Health Care Organizations• Hospice Programs• Inhome Services• Legal Assistance Offices• Respite Care Programs• Senior Citizens Center Services• Transportation Services• Senior Health Insurance Counseling <p>1-800-451-8693 Hours: Monday - Friday, 8 a.m. - 5 p.m. (CT) <i>If no answer, leave a message and your call will be returned the next business day.</i></p>	<p>NORTH DAKOTA SENIOR</p>  <p>INFO-LINE 1-800-451-8693</p> <p><small>Sponsored by ND Dept. Of Human Services Aging Services Division</small></p>
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Regional Aging Service Program Administrator
Northeast Human Service Center – Aging Services
151 S. 4th Street, Suite 401
Grand Forks, North Dakota 58201
(701) 795-3000 Toll Free: 1-888-256-6742
Fax (701) 795-3050

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AGING SERVICES

Volume IX Number 4

Region IV Serving Grand Forks, Nelson, Pembina & Walsh Counties

FALL 2007

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Aging Services Newsletter

Please share this newsletter with a friend, coworkers, at your senior center, post on a bulletin board, etc....If you wish not to be on the mailing list for the newsletter please call 795-3000 and ask for Patricia Soli. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. Northeast Human Service Center makes available all services and assistance without regard to race, color, national origin, religion, age, sex or handicap and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975 as amended.

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MISSION STATEMENT:

In a leadership role, Aging Services will actively advocate for individual life choices and develop quality services in response to the needs of vulnerable adults, persons with physical disabilities, and an aging society in North Dakota.

Richard Ott's continued achievements bring him North Dakota 2007 Outstanding Older Worker title

Bismarck, ND – Glen Ullin School Superintendent Richard Ott can add another title to his many achievements – North Dakota Outstanding Older Worker for 2007.

Ott's continuing contributions to the world of work and his community at the age of 74 impressed a panel of judges who selected him from a field of outstanding candidates from throughout North Dakota. Criteria for selection included contributions to the workplace, ability to meet challenges to remain in the workforce, community involvement, the potential to articulate the values, needs and challenges of older Americans, and the embodiment of lifelong learning and achievement.

“Richard embodies the spirit of productive aging as a contributing member of today's workforce. He is a multit talented person with a marvelous attitude toward life. His longstanding and continued involvement in activities that benefit his

community and state make him a role model for other older Americans as well as for the younger generation,” said Connie Moench, Business and Community Liaison for the Experience Works Prime Time Awards program, the nation's premier older-worker recognition event. Ott will join outstanding older workers from each state, the District of Columbia and Puerto Rico at a recognition event held October 3 - 6 in Washington DC. Ott's selection ties in with National Employ Older Workers Week, which is Sept. 23 – 29. During this week, employers are encouraged to put the talents and experience of older individuals to work.

Ott's twinkling blue eyes, unparalleled exuberance and giving spirit truly are contagious. He carries these qualities through all he does. It's his mission to make the most of every moment life presents. Because of Rich, his community, state and workplace are better places.

Rich tried retirement but it simply didn't suit him. Within two days of retirement he knew he needed to get back into the workforce, and on the third day he was back at a new job as a lobbyist. And although he has “retired” from different positions, he always

moves on to using his professional talents at another position. "I like retirement parties!" he quips.

With his career experiences steeped in education, Rich now shares that expertise as a full-time school superintendent at Glen Ullin, North Dakota. He commutes there from Bismarck (about 60 miles away), and helps that school system with the many challenges facing the small school districts of North Dakota. "Basically, I'm responsible for everything that happens and everything that fails to happen in the school operation. With declining enrollments, it is a major challenge to keep a valid, balanced program available for students and the community." This is Rich's fifth job he has taken since he first tried "retirement."

Rich loves bringing the public to that important point where they feel they have involvement in the school. He decided to go into this line of work because, "Human development is the most fascinating aspect of life. To be able to witness this and actually have a hand in it on a daily basis is very satisfying."

Community leaders in Glen Ullin offer this description of Rich: He has vast experience and has brought a sense of well-being and direction to the entire school community. He sets an example of calm efficiency and intelligent problem solving. Students, staff and the community have

embraced him as a valued friend. The school board's evaluation of him was flawless.

Among his most recent past positions, he served as the Executive Director for the North Dakota School Boards Association and the director for the Humane Society. At one time or another he has been a member of numerous civic and professional organizations holding offices in most. He has also served on various boards and committees. Throughout his life Rich immersed himself in other vocations and interests that give him perspectives helpful in relating to others. His first job was folding boxes for a J.C. Penney store. He says, "I learned the importance of punctuality, the satisfaction of productive work and the thrill of being paid for my effort." He also worked in restaurants, as a land surveyor, a draftsman and teacher.

"Continuing to work helps keep me mentally alert and physically conditioned," said Rich. "It's a reason to get up in the morning and to stay clean and presentable."

The key to his success, he said, is "A sense of pride in accomplishment and a willingness to go beyond 'clock hours' in the effort to accomplish personal and professional goals. It also is important to stay optimistic and happy!" Health challenges confronted Rich through the years but he

has battled back. For 16 years he has had an artificial aortic heart valve. He also survived cancer after radiation treatments and radioactive implants and is diabetic.

This spunky veteran served in the Army, both active duty and reserves. He has his bachelor's and master's degrees in education from the University of Missouri (Columbia) and his doctorate from St. Louis University (MO).

He is a longtime activist with the Central Dakota Humane Society and plays Santa each year for their **Santa Paws** fundraising program. Rich is the original Santa Paws and spends hours getting his photo taken (dressed as Santa Paws) with pets from throughout the area. He works on other fundraisers and activities for the Humane Society such as the **Shaggy Shuffle** (a dog walk) and **Bene-Pet** (an auction). He also works extensively as a volunteer for the North Dakota State Library. He reads to children at a local bookstore and is a life member of the Girl Scouts. He loves golf, reading, music, traveling and working with homeless animals. Rich is father to two daughters and has six grandchildren.

Rich's extraordinary spirit and engagement in life are only complemented by his wife Doris who is equally engaging and vivacious. She sums up her husband in words echoed by friends: curious, creative,

original, intelligent and funny. Rich Ott is a man who truly leaves a positive mark on all he touches.

Nutrition Sites Call the Grand Forks Senior Center
for more information at
701-772-7245 for Grand Forks and Nelson counties.



Walsh County Nutrition Program for Walsh County at 701-284-7999.

Pembina County Meals & Transportation for Pembina County at 701-454-6586.

LAUNCHING SECOND CAREERS

Finding a rewarding second career—whether you are 42 and recently retired from the military, or 62 and ready to leave a corporation—is always based on a few timeless principles. Know what you want to do, pay the price, and then do what you want to do. It's the *paying the price* that trips us up. Many feel they've already paid the price. Now's the time to coast. Coasting won't get you much.

All career planning comes down to four steps.

1. Assessing Your Past Experiences. Inventory the skills you possess, both professional and personal, what you have learned from previous jobs, and your accomplishments.

These often can form the basis of a rewarding second career.

2. Evaluating Your Present Position. Review your experiences and the skills you have built over the years. Examine your present career goals. How can these be updated or modified to enhance your future?

3. Defining your Career Goals. Consider your present goals and objectives. What do you seek in a career? Do you want great financial reward? Do you need only a way to keep busy? Do you seek challenge? What do I want? is the most important question you can ask yourself, but it may also be the most difficult to answer. Define both short-term and long-range plans.

4. Strategies: How to Get There. Once you know your abilities and your goals, you must select effective strategies to reach your objectives. To be effective, any strategy must also be flexible enough to accommodate the adjustments you will need to make along the way.

Turning Hobbies into Careers

Hobbies can become full or part-time careers. This is especially true in retirement because of the additional time you have to devote to things you really enjoy. Many retirees have developed hobbies into lucrative and rewarding careers. If you enjoy stamp collecting, coin collecting, or antique automobile restoration, there is money to be made in assisting others through teaching or in buying and selling to increase or decrease your collection. If you enjoy furniture restoration, perhaps you can sell your work. It all depends on your desire, your entrepreneurial spirit, and the support you have from family and friends.

Contract or Part-Time Work

Part-time work is an excellent choice for a retirement career because it allows time for volunteer work, sports, or hobbies. In some part-time occupations, you can set your own hours, giving you great flexibility and control over your time. If you have chafed over your lack of leisure time but don't want to abandon working entirely, explore the many career options offered by part-time work.

Many retirees build flourishing careers as independent contractors. You can use the expertise you have gained from your working years to become a consultant or independent contractor. Remember that organizations increasingly are hiring contractors to provide knowledge and skills once provided by their regular staff.

Outsourcing has changed the way companies work. Any supporting part of business judged nonessential to increasing the core business revenues is a candidate for

outsourcing. These include 401k administration, payroll, and health claims processing. These are areas to investigate if you are considering a second career.

Networking

The job market can be broken down into the formal, or published, job market, and the informal, or unpublished, job market. The published job market (usually publicized through advertisements and agencies) constitutes only about 25 percent of all available jobs. Seventy-five percent of all available jobs are not advertised; they are found in the unpublished or *hidden job market*. How do you tap into this job market?

The best way to reach the unpublished job market is by talking to people. If you are considering a change---part-time, flextime, or a complete career change---talk with coworkers, family members, and friends. Let them know what your interests are, and ask questions about their careers or their fields. Let them know about your professional objectives, your qualifications, and your target market. The more people who know your qualifications and availability, the better the chance that the information will get to the right person at the right time.

Working for Yourself

The challenge of a new career and the knowledge gained from years of experience entice some people to start their own business. Working for yourself takes guts! The decision should not be made hastily. There are as many reasons for starting your own business, as there are business

owners. Working on your own can be exciting and it can be frustrating. In your own business, you often have to do almost everything yourself. You are challenged and stretched. You must create policies, devise programs, and set goals.

Ask for help and discuss your proposed plans with knowledgeable people. Seek out those with experience in related areas. After a careful self-assessment and a clear understanding of the risks and rewards, you will be better prepared to meet the challenge. Working for yourself requires both financial and emotional capital. Most experts attribute small business failures to under capitalization. Money is important, but the emotional toughness to hang in there for the long haul is equally essential. Loneliness, self-doubt, and being stretched in too many directions can drain your enthusiasm.

How to do It? Begin with a plan! Once you have decided to go into business, you must determine what you want your business to be, now and in the future. Ask yourself: What business am I in? What is my potential for personal and professional growth? Take time in answering these questions. Keep your projections realistic. Don't overestimate income or market potential and don't underestimate how hard you'll have to work!

Financial factors. It takes money to make money, yet everyone has to begin somewhere. If you don't use your savings to begin your business, a bank, savings and loan, or other financial institution may be your best source for capital. All lenders will want certain business and personal financial data. Develop a portfolio about yourself and your business.

Most lenders use the *Six Cs of Credit* to assess your credit worthiness:

Character ~ Capacity ~ Capital

Collateral ~ Circumstances ~ Coverage

Seek advice. Talk with as many different people as you can, always keeping your goals in perspective and your dreams in check. Colleges and universities usually have Small Business Development Centers that offer assistance at nominal expense. The Small Business Administration operates a volunteer division of retired executives (the Service Corps of Retired Executives, SCORE) that offers free help with any business problem. Contact people in related fields who can help you establish market needs and potential. Finally, there is a wealth of material available from the government and your local library.

Balancing Work, Leisure, and Learning

Whether you are in your first career, a second career, or retired, enjoying life, means knowing how to balance work and leisure. This is especially true when retirement replaces work. Men and women often define themselves by their work. Without proper planning, this strong identification with work can make retirement a frustrating experience. Richard H. Bolles, in *The Three Boxes of Life*, suggests that we move from almost all learning, to almost all work, to all leisure. He urges we find a balance between learning, working and playing. Such a balance is necessary at all stages of life. Decide what is important to you, what holds meaning, and then find the balance that is right for you. In other words, keep growing!

Four Keys for Life Enrichment

Awareness: Maintain an alert, active outlook.

Flexibility: Keep your attitudes flexible and forgiving.

Independence: Cultivate the ability to make independent choices.

Expansion: Develop new goals. Find projects with purpose and meaning.

Source: The Planning Companion by Rick Garnitz

TELEMARKETING:

Look out! Your phone number may drop off Do Not Call list soon

By Jennifer C. Kerr

The cherished dinner hour void of telemarketers could vanish next year for millions of people when phone numbers

begin dropping off the national Do Not Call list.

The Federal Trade Commission, which oversees the list, says there's a simple fix. But some lawmakers think it's a hassle to expect people to re-register their phone numbers every five years.

Numbers placed on the registry, begun in June 2003, are valid for five years. For the millions of people who signed onto the list in its early days, their numbers will automatically drop off beginning next June if they do not enroll again.

"It is incredibly quick and easy to do," said Lydia Parnes, director of the FTC's bureau of consumer protection. "It was so easy for people to sign up in the first instance. It will be just as easy for them to re-up."

But Rep. Mike Doyle, D-Pa., says people should not be forced to re-register to keep telemarketers at bay. Doyle introduced legislation this week, with bipartisan support, to make registrations permanent.

The FTC built the five-year expiration date into the program to account for changes, such as people who move and switch their phone number.

"Just like a regular person who needs to clean out their address book every so often, the commission felt that was something that was important to do with the registry," Parnes explained.

Doyle, however, points out that the list is purged each month of numbers that have been disconnected and reassigned to new customers. He called the FTC's position on the need for an expiration date "completely bogus."

People can register their home and cell phone numbers or file complaints at www.donotcall.gov or by calling (888) 382-1222.

The registry prohibits telemarketers from calling phone numbers on the list. Companies face fines of up to \$11,000 for each violation.

Organizations engaged in charitable, political or survey work are exempt. Companies that have an established business relationship with a customer also may call for up to 18 months after the last purchase, payment or delivery.

Vulnerable Adult Protective Services (VAPS)

701-787-8540

**GF County Social Services Contract
Agency**

You can continue to make direct reports or referrals by phone, letter, in person, or fax.

Upon receipt, reports or referrals will be screened for service eligibility.

Reports of suspected abuse, neglect, or exploitation of a vulnerable adult can be made by calling GF County Social Services at Phone:

701-787-8540 or

Fax: 701-787-5918.

Volunteers Needed

The Senior Health Insurance Counseling Program (SHIC) and Prescription Connection for North Dakota are looking for volunteers to provide services in areas across North Dakota.

Senior Health Insurance Counseling Program (SHIC)

is a program that utilizes volunteers to assist Medicare beneficiaries with the following:

- SHIC counselors will help Medicare Beneficiaries understand the paperwork and statements that they receive after a doctor visit, hospital stay or other medical procedure(s).
- SHIC counselors will help sort out and reconcile Medicare statements and hospital or clinic bills, and help figure out what has been paid and what remains to be paid.
- SHIC counselors will help with claims filings or appeals if payment for a service has been denied.
- SHIC counselors will explain options for private insurance to supplement Medicare.
- SHIC counselors will help explain long-term care insurance and offer tools to help decide if it is the right choice.
- SHIC counselors have information on other resources, agencies

and organizations if you have questions about other issues.

- SHIC counselors can assist with enrollment in a prescription drug plan, answer questions about this new benefit, and discuss qualifications for extra help to reduce drug plan costs.

Prescription Connection for North Dakota

is a program that connects kids and families with free and discounted prescription drugs, direct from the pharmaceutical manufacturer.

Prescription Connection utilizes volunteers to assist recipients with completing the necessary paperwork. Both programs utilize statewide volunteers and DO NOT have a minimum requirement of volunteer hours. The process of volunteer utilization includes connecting a counselor with a local beneficiary to provide the counseling and/or application assistance to pharmaceutical companies.

If interested, please contact Cindy Sheldon @ 1-888-575-6611.

alzheimer's association

Minnesota-North Dakota, information, education, friendship and support. To learn more about a support group near you, call the Information 24/7 **Information Helpline** at 1.800.232.0851 or visit <http://www.alzmdak.org/2family-services/findingresources.htm> - [Support%20Groups](#).



Foster Grandparents Sharing a *LIFETIME* of Wisdom

Check out the new web page:
http://www.seniorservice.org/redrivervalley_fgpp

Red River Valley Foster Grandparent Program
(701) 795-3112 or
888-256-6742

ND Family Caregiver Support Program Caregiving Skills for Living at Home

The call to become a caregiver rarely comes with a book of instructions. There is much to learn, from basic care issues involving assistance with daily living to special procedures related to specific conditions. Learning how to provide care properly and sensitively will help you feel more competent and therefore less stressed. Such competency can also prevent injuries to both you and the care receiver.

Learning Caregiving Skills:

Caregiving skills are explained, often step-by-step, in numerous books written specifically for caregivers. These texts can be invaluable

in initiating care and as ongoing references. Home health care and hospice agencies teach nursing care and procedures for correct body mechanics for the caregiver and the care receiver. Body mechanics include rules for the caregiver to prevent back and neck injuries plus correct positioning, moving, and transferring of the care receiver.

The American Red Cross and the American Heart Association teach CPR (cardiopulmonary resuscitation), with their classes often taking place within hospital health education programs. Hospitals often teach nursing care or therapies for specific care needs once a care receiver is discharged to home.

Some voluntary health organization s or disease-related organization s also sponsor

caregiving skills classes. In addition to teaching skills, health care providers can recommend adaptive equipment to enhance safety, convenience and independence for the care receiver.

Preparing the Home

Environment: First of all, making the home environment safe and user-friendly is imperative. Consider the following basics:



- Minimize clutter
- Provide adequate lighting. Older people need brighter lights
- Remove scatter rugs or at least put non-skid pads under them
- Remove dangling wires or wires under carpets
- Install smoke alarms that work
- Remove excess furniture
- Clear walkways throughout the house
- Adjust the height of chairs and bed to allow for easy access
- Provide bed, bath and meals on one floor
- Make sure there is a fire extinguisher in the kitchen
- Install grab bars near toilet, shower and tub
- Provide non-slip mats in tub and shower
- Install an elevated toilet seat
- Use an elevated bed or adjustable hospital bed to assist the caregiver in lifting
- Make a plan for power outages

Planning Care: Establish a plan of care that includes, but is not limited to:

- Medical history information
- Medications – name, dose, administration schedule and any specific instructions
- Diet
- Daily schedule of care and activities
- Functional disabilities – amount of assistance needed
- Special observations needed

- Names and telephone number of physicians and other health care providers
- Physicians' orders
- Telephone number of preferred hospital
- Names and telephone numbers of any services that regularly come into the home
- Names of those to call in an emergency, in addition to 911
- Health insurance plan and policy number
- Food likes and dislikes
- Special behavior management techniques

Having a plan for care is helpful for the family caregiver and any substitute caregivers who may provide respite care.

Skills Needed for Daily

Care: Assisting care receivers with their basic human needs is called performing “activities of daily living.” It is very important to make sure the care receiver’s dignity and privacy are maintained at ALL times. These skills naturally include:

- Eating
 - ___ Special diets and good nutrition
 - ___ Preparing and serving food
 - ___ Feeding care receivers who cannot feed themselves
 - ___ Monitoring intake
- Personal hygiene
 - ___ Oral care
 - ___ Nail and foot care
 - ___ Hair care
 - ___ Shaving
 - ___ Baths
 - ___ Shower
 - ___ Tub
 - ___ Bed bath



- Toileting
 - ___ Transfer to toilet
 - ___ Use of bedpans, urinals, and bedside commodes
 - ___ Catheter care
 - ___ Incontinence
- Infection control
 - ___ Hand washing and dish washing
 - ___ Cleaning methods
- Bed-making
 - ___ Making an occupied bed
 - ___ Prevention of soiling
 - ___ Care of soiled linen
- Dressing
- Skin care and prevention of pressure sores

Conclusion: Statistics and experiences prove that many family caregivers give excellent care to their loved ones. Basic skills can be learned and practiced. Even complicated procedures, such as feeding tube use, ventilator care, oxygen administration, and intravenous pump use can be handled correctly by family members. At first, the tasks appear daunting, but with proper education and support, success is achievable.

Source: The Caregiver Helpbook; Powerful Tools for Caregiving

Retired Senior Volunteer Program (RSVP)

1207 24th Ave. S., Suite 312

Grand Forks, ND 58201

Phone: 701-787-0043

Fax: 701-787-0044

<http://rsvp.ndsu.nodak.edu>

Toll Free: 866-345-RSVP

<http://vista.ndsu.nodak.edu/>

Depression and Aging

Everyone feels blue or sad now and then, but these feelings don't usually last long and pass within a couple of days.

Important life changes that happen as we get older may cause feelings of uneasiness, stress, and sadness. For instance, the death of a loved one, moving from work into retirement, or dealing with a serious illness can leave people feeling sad or anxious. After a period of adjustment, many older adults can regain their emotional balance, but others do not and may develop depression.

In fact, studies show that most older adults feel satisfied with their lives, despite having more physical ailments. However, when older adults do suffer from depression, it may be overlooked because they may be less willing to talk about feelings of sadness or grief, and doctors may be less likely to suspect or spot it.

If you or someone you care about seems to be dealing with depression, contact your physician to seek help. Depression is a common problem among older adults, but it is **NOT** a normal part of aging.

Source: National Institute of Mental Health

Taking Care of Yourself Boost Your Morale



Consider posting a bulletin board with pictures of family and friends where you spend time. Update the pictures whenever possible

The Comfort of Home
© 2004 CareTrust Publication 800/565-1533
www.comfortohome.com

Questions and Answers about Influenza and the Injectable Influenza Vaccine (the "flu shot")

What is Influenza (the flu)?

Influenza (flu) is a serious disease of the nose, throat, and lungs. It can make you sick for a week or longer with coughing, fever, aching, and more. It can lead to pneumonia and make already existing health problems such as diabetes, asthma, and heart disease worse.

Why should I get a flu shot?

Each year in the U.S. about 36,000 people die from flu-related causes. Getting a flu shot is the BEST way to protect yourself from the flu.

Who should get a flu shot?

- Everyone who is 6 months or older can benefit from the protection of a flu shot.
- The Centers for Disease Control (CDC)

recommends that the following people be among the first to get vaccinated each year because they are at high risk of serious flu complications:

- People who are 50 years or older
- People of any age who have ever had a heart attack, have heart disease, have lung disease such as asthma, emphysema or chronic bronchitis; have diabetes, HIV, a blood disorder, kidney disease, or a weakened immune system
- Children age 6 months and older until their 5th birthday
- Pregnant women
- People who live in nursing homes or assisted living facilities
- People who have health problems that make it difficult to breathe or swallow
- CDC also recommends that people who care for or live with anyone listed above get a flu vaccine. This includes healthcare workers. Getting a flu vaccine will help stop you from bringing the virus home or to work and infecting others.

How does the flu shot work?

The flu shot helps your body fight the viruses that cause the flu. It does this by teaching your immune system to recognize flu viruses, so that it is “primed” or ready, to fight the disease if you are exposed to it.

How well does the flu shot work?

Most of the time, the flu shot will prevent the flu. In scientific studies, the effectiveness of the flu shot has ranged from 70% to 90% in healthy people younger than age 65 when there is a good match between circulating viruses and those in the vaccine. The vaccine may be less effective in older people or people with weakened immune systems. However, these people still benefit from getting the vaccine because it helps prevent severe illness, hospitalization and death from the flu.

What are the side effects of the flu shot?

The most common side effects are soreness or redness where the shot was given. These symptoms go away in a few days. Other side effects such as fever or aches are extremely rare. In clinical trials, there was no difference in side effects between people who got the vaccine and people who got a placebo (“sugar pill”). The risk of severe allergic reaction is less than 1 in 4 million.

Can the flu shot give me the flu?

No. The ingredients in the vaccine cannot cause the flu. The flu viruses in the vaccine are killed.

When should I get a flu shot?

October and November are the best months to get vaccinated, but December is not too late in most years.

Can this shot help protect me against colds and other respiratory diseases?

No. This vaccine protects only against the flu viruses contained in the vaccine.

What is the nasal spray flu vaccine?

The nasal spray vaccine is sprayed into a person’s nose, instead of being given as a shot. It is approved for use in healthy people 5 through 49 years old who are not pregnant. It is a safe and effective vaccine.

For more information, ask your healthcare provider or call 800-CDC-INFO (800-232-4636) - Website www.cdc.gov/flu

More Information: <http://www.aoa.dhhs.gov>



By law, all American television stations must switch their broadcasting from analog to digital by February 17, 2009. Television sets connected to cable or satellite will not be affected, and will continue to receive programming after that date. But those analog television sets not connected to cable or satellite, or without a DTV converter box, will not receive any television signal after the date of the switch.

Why the switch?

Under legislation passed by Congress – the Deficit

Reduction Act of 2005 – free local broadcast television stations are required to turn off their analog channels on February 17, 2009, and continue broadcasting exclusively in the digital format.

Who's affected?

Consumers who receive free television signals through antennas on television sets that are equipped with analog tuners – and who do not subscribe to cable, satellite or a telephone company television service provider – will be affected by the transition.

At least 19.6 million households receive over-the-air signals in their homes, and approximately 70 million television sets are at risk of losing their signals after February 17, 2009, if owners of these sets do not make the easy transition to DTV.

Can I keep my analog TV set?

Yes. Buying a new digital television set isn't the only option you have for navigating the DTV transition. If you wish to continue using your analog set, you must consider one of the following options to make the switch to digital television:

1. Purchase a DTV converter box, which will convert the new digital signal into the analog format for older televisions.
2. Switch to a cable, satellite or telephone company

service provider to receive the new digital signal.

An initiative of the National Association of Broadcasters, which represents more than 8,300 free, local radio and television stations and broadcast networks across the country. For more information, go to: DTVAnswers.com

Region IV Health and Wellness Site Schedule

Grand Forks County: Greater Grand Forks Senior Citizens Association, Grand Forks
701-772-7245

Gilby: 3rd Thursday of every other month

Manvel: 2nd Friday of every other month

Northwood: 3rd Friday of every month

Thompson: 2nd Monday of every other month

Nelson County: Home Health Services of Nelson County Health System, McVile, ND, 701-322-4328

Schedules announced regularly with services offered every other month, odd months.

Pembina County: The Diabetes Center of Altru Clinic-Cavalier, Cavalier, ND, 701-265-8338

Cavalier: 2nd Tuesday of every month

Drayton: Last Monday of every month

Neché: mornings, 2nd Monday of every month

Pembina: afternoons, 2nd Monday of every month

St. Thomas: mornings, 3rd Monday of every month
Walhalla: 1st Monday of every month

Walsh County: Home Health Hospice Services of Unity Medical Center, Grafton, ND, 701-352-9399

Grafton: 3rd Tuesday of every month

Park River: 4th Wednesday of every month

Telephone Numbers to Know

Regional Aging Services Program Administrators

Region I - Karen Quick
1-800-231-7724

Region II - MariDon Sorum
1-888-470-6968

Region III - Donna Olson
1-888-607-8610

Region IV - Patricia Soli
1-888-256-6742

Region V - Sandy Arends
1-888-342-4900

Region VI - Russ Sunderland
1-800-260-1310

Region VII - Cherry Schmidt
1-888-328-2662

Region VIII - Mark Jesser
1-888-227-7525

N.D. Senior Info-Line:
1-800-451-8693

<http://www.ndseniorinfo.com/>
Region IV Aging Services newsletter at the following link:
<http://www.nd.gov/humanservices/info/pubs/aging.html>

Vulnerable Adult Protective Services

Region I & II – Dale Goldade,
Vulnerable Adult Protective Services, Long Term Care Ombudsman -
1-888-470-6968

Region III – Ava Boknecht, Vulnerable Adult Protective Services, **1-888-607-8610**

Region IV – Vulnerable Adult Protective Services, Patricia Soli – **1-888-256-6742**.

Direct referral Grand Forks County Social Services VAPS - 701-797-8540.

RaeAnn Johnson, contact for Vulnerable Adult Team (VAT) and Education– 1-888-256-6742.

Long Term Care Ombudsman **1-888-607-8610**.

Region V - Vulnerable Adult Protective Services, Sandy Arends - **1-888-342-4900**.

Direct referral may be made to Cass County Adult Protective Services unit - **701-241-5747**.

Region VI - Russ Sunderland, Vulnerable Adult Protective Services - **701-253-6344**.

Region VII - Cherry Schmidt, Vulnerable Adult Protective Services - **1-888-328-2662**

Region VIII - Mark Jesser, Vulnerable Adult Protective Services & Long Term Care Ombudsman - **1-888-227-7525**

ND Family Caregiver Coordinator

Region IV - Raeann Johnson – **1-888-256-6742**

Other

- Aging Services Division Office and Senior Info Line: **1-800-451-8693**
- AARP: **1-888-OUR-AARP (1-888-687-2277)**
- AARP Pharmacy: **1-800-456-2277**
- ND Mental Health Association: **701-255-3692**
- ND Mental Health Association Help-Line:

1-800-472-2911

- **IPAT** (Interagency Program for Assistive Technology): **1-800-265-4728**
 - Legal Services of North Dakota: **1-800-634-5263** or **1-866-621-9886** (for persons aged 60+)
 - Attorney General's Office of Consumer Protection: **701-328-3404** or **1-800-472-2600**
 - Social Security Administration: **1-800-772-1213**
 - Medicare: **1-800-247-2267/1-800-MEDICARE**
- Toll-Free 800 Information: (Directory Assistance for 800 number listings): **1-800-555-1212**
- Senior Health Insurance Counseling (SHIC) ND Insurance Department: **1-701-328-2440**
 - Prescription Connection: **1-888-575-6611**
 - Rural Health Updates, please contact Lynette Dickson, CRH program coordinator, at **701-777-3848** or ldickson@medicine.nodak.edu

Region IV: Older Americans Act (OAA) **Funded Nutrition, Outreach & Health Maint. Providers**

GREATER GRAND FORKS (GF) SENIOR CENTER

(Serves Grand Forks and Nelson Counties, Health Maint. Pembina & GF Counties)
620 4th Avenue South-4534
Grand Forks, ND 58201
(701) 772-7245

WALSH COUNTY NUTRITION PROGRAM

Box 620
Park River, ND 58201
(701) 284-7999

PEMBINA COUNTY MEALS AND SERVICES

Box 9
Drayton, ND 58225
(701) 454-6586

Energy Assistance

For more information on energy assistance programs call:

- Grand Forks County Social Services: (701) 787-8500.
- Red River Valley Community Action: (701) 746-5431.
- The Salvation Army: (701) 775-2597.
- St. Vincent de Paul: (701) 795-8614.

Reach your local energy company at:

- Excel Energy: (800) 895-4999 (residential customer service).

NoDak Electric Cooperative:
(701) 746-4461.

